



CUMIN SPICED CHICKEN W/ FENNEL + DIJON WHITE WINE SAUCE

 45 minutes

Meal Difficulty

 Serves 6



COOKING DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 In a small bowl, combine fennel seeds, ground coriander and ground cumin.
- 3 Evenly coat chicken pieces on all sides with spice mixture.
- 4 Heat olive oil in skillet over medium-high heat. Working in batches, brown chicken starting skin side down, approximately 3-4 minutes. Once chicken is browned, flip and brown on the other side. Transfer to a plate.
- 5 Add fennel and cook for one minute until pot is fragrant. Add chicken and place in oven, uncovered for 20-25 minutes or until internal temperature is 162 °F at the thickest part.
- 6 Transfer chicken to a plate and set aside.
- 7 Over medium-high heat, add the garlic and cook for one minute. Deglaze with white wine, scraping the bits from the pan. Add the dijon and chicken stock. Cover and reduce heat. Simmer until the sauce has thickened. Whisk in the butter, season with salt and pepper and add chicken back to the pan with the fennel and sauce and cover just to heat. Garnish cilantro.

INGREDIENTS

1 whole chicken, washed, patted dry, cut into pieces and seasoned with salt and pepper
2 tbsp fennel seeds
2 tbsp ground coriander
2 tbsp ground cumin
1 medium fennel bulb, julienned and fronds reserved
3-4 cloves garlic, minced
1 c dry white wine
2 tbsp dijon mustard
3 c chicken stock
3 tbsp butter
1/4 c chopped cilantro
2 tbsp olive oil
salt
freshly ground pepper